

What Benefits are in Toastmasters for You?

- Become a confident and competent communicator
- Refine interpersonal communications
- Improve cognitive memory skills
- Polish listening skills
- Learn to employ the elements of preparing an effective speech
- Broaden vocabulary and word usage
- Improve ability to provide impromptu or extemporaneous responses
- Become a more effective leader

As a Hillcrest Toastmaster you also

- Receive speech manuals and other tools to help develop communication and leadership skills
- Are eligible to participate in effective communication and speech seminars
- Are invited to attend and/or participate in speech contests
- Receive the award winning monthly Toastmasters Magazine
- Experience the pleasure of personal growth and improvement
- Associate with others of like mind who want to improve themselves in an enjoyable and supportive environment

**Get out of a rut!
Make new friends!
Become a better you!**

Hillcrest Toastmasters

Check our web site:
www.hillcresttm.org

Or contact a club officer:

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An Invitation for You



Hillcrest
Toastmasters
Meets Mondays

6:45 to 8:15 p.m.

Hillcrest Church
Conference Center
2nd floor
12123 Hillcrest Rd.
Dallas, TX 75230



The Mission of Toastmasters International

Toastmasters International is the leading organization devoted to making effective oral communication a worldwide reality.

Through its member clubs, Toastmasters International helps people like you learn the art of speaking, listening, and thinking on their feet - vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind. It is basic to this mission that Toastmasters International continually expand its worldwide network of clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

Mission of Hillcrest Toastmasters

The mission of Hillcrest Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

A Nurturing Place

You have probably heard the two things people fear most are death and speaking in public. The first fear is addressed through Hillcrest Church. What about the second?

Now you can overcome it by joining our Hillcrest Toastmasters Club. Here you will be surrounded with friends and fellow "fearful speakers". Working together in a non-threatening and very supportive environment you have an opportunity to work at *your own* comfortable pace to overcome this fear.

Worst Fear Made Real

Imagine standing in front of a group of strangers and giving a speech, not knowing exactly where to start, how to make your point, or how to control your knees from knocking and your hands from shaking! No wonder we fear this so much.

Worst Fear OVERCOME!

Now imagine working with a free skilled Mentor or Coach who helps you create an effective presentation complete with a strong opening, well organized body, and motivational closing. Better yet, one who helps you to understand and control the nervousness and fear.

Imagine yourself working at your own pace through a series of ten projects designed to work on specific parts of the speech-giving process. Imagine having an experienced Mentor and friend working with you as you present these speeches, first with trepidation and then with increased confidence until you earn the qualification of Competent Communicator. Well done! We know you can do it. And we'll help.

But Wait! There's MORE!

Aspire to leadership? Or, do you want to become a more effective leader? Toastmasters offers leadership training. It's waiting for you.

A Typical Meeting

A typical meeting is fun! The format includes assigned duties that are performed on a regular basis. All duties are rotated within the membership to provide experience and emphasize a particular area of communication such as speaking, listening, or leadership. The following are brief descriptions of the key duties you will observe during a standard meeting.

Toastmaster (Master of Ceremonies)

- Handled by one of the more experienced club members
- Selects a meeting theme
- Prepares agenda & conducts meeting
- Introduces speakers and participants

Speaker

- Presents a prepared speech based on objectives from the Toastmasters International public speaking manuals
- Speaker may choose any topic that satisfies the objectives.

Evaluator

- Gives oral and written evaluation of the speaker based on manual objectives.

Other jobs include: **Grammarian, Ah Counter, Timer and Posture Monitor**

Don't Miss Out!

We have fun learning a great deal about ourselves and each other as we become competent and confident communicators

Visit us any Monday evening. Our meetings start promptly at 6:45 and conclude at 8:15. See you there!

Gary Gillespie, President
Hillcrest Toastmasters